

Fish is good for you.
Eat fish low in mercury!



HANG
ME
UP!

The Fish

Safe Eating Guidelines

Fresh Water Fish

- ❖ Brook trout and landlocked salmon **Limit:**
 - For pregnant and nursing women, women who may get pregnant, and children under 8, **1 meal per month**
 - For all others, **1 meal per week**
- ❖ All other fish species **Limit:**
 - For pregnant and nursing women, women who may get pregnant, and children under 8, **NO meals**
 - For all others, **2 meals per month**

Ocean Fish and Shellfish

- ❖ Striped bass and bluefish **Limit:** For everyone, **2 meals per month**
- ❖ Swordfish, shark, tilefish and king mackerel **Limit:**
 - For pregnant and nursing women, women who may get pregnant, and children under 8, **NO meals**
 - For all others, **2 meals per month**
- ❖ Canned tuna (the 6 ounce size) **Limit:**
 - For pregnant and nursing women, women who may get pregnant, and children under 8, **1 can of "white" or 2 cans of "light" tuna per week**
 - No limits** for all others as part of a balanced diet
- ❖ All other ocean fish and shellfish including canned fish and shellfish **Limit:**
 - For pregnant and nursing women, women who may get pregnant, and children under 8, **2 meals per week**
 - No limits** for all others as part of a balanced diet

You can mix and match fish with limits but stick to the lowest weekly or monthly limit. Don't add limits.